

Welcome to Sellars Creek Ranch Trek



Dear Trekkers

We are pleased that you will soon experience what our youth and scores of handcart trekking companies have discovered at the Sellars Creek Ranch. By their own accounts, we have heard them say, “I learned I can do hard things;” “I have a greater appreciation for what the pioneers went through;” “You can feel the Spirit as you trek across this property;” “I didn’t even miss texting or social media!” and, “I felt something powerful while sitting alone in a sacred place.”

This edition of Sellars Creek Trek Handbook, including its instructive counsel, will help orient youth, leaders, and support team members about important matters as you create and implement your Trek Plan. There are valuable references and resources listed for you to be aware of, and this includes speaking with Trek Missionaries, and viewing the Trek webpage at: www.scrtrek.org.

Sellars Creek Ranch Trek Image

The image that greets all who enter the Trek Compound (shown atop this page), showcases youth that are supporting family needs, and leading out with courage as they begin to understand their life’s trek. It is significant that parents are at the rear of the cart, shepherding their son and daughter as they in turn, resolve what they will do to stay on the covenant path and not falter. The youth are becoming thoughtful stewards of their lives and making decisions that will determine their destiny. They can identify and learn to “think Celestial”, like making and keeping covenants. *Dear colleagues, please carefully help the youth identify with this image and understand their blessings and opportunities as they fully join what Pres. Russell M. Nelson calls the “Lord’s Youth Battalion”*

“And so we ask that Thy spirit might go forward and stir the hearts of those that could benefit, and that they will be blessed so that when they come here they will come with intent and purpose and needs, and that their prayers will be answered that they may experience perhaps the greatest miracle of all that this project can provide — and that is to change the hearts of Thy children — that their testimonies might be strengthened, that they might be humble and grateful, and that when they return to their homes they will have a sacred testimony and recollection, and that they will be a better people.” Sellars Creek Ranch Trek dedicatory prayer (2017)

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YOUTH LEADERS

Allow the youth to lead out and be involved in shaping trek plans and activities. They need to learn how to conduct, work as teams, share what they are experiencing, set goals in the four areas of growth and development, and realize how to follow promptings in making decisions. The more youth are personally involved in leading trek activities, the more they will own and treasure what they learn, feel, observe, discuss, see, and hear.



“Hello! My name is SB, and this past Wed, Thurs., Fri, and Sat. I was lucky enough to go to Sellars Creek for my stake’s trek! I had an absolutely amazing time! It was so beautiful, especially the ‘West Grove’ where we got to have a devotional on Friday afternoon. I was a little hesitant about going, but I’m very glad that I ended up going. Thank you so much for all you guys do and thank you for giving this

experience to me and so many other youth.” Love from the Plano Ward



Local Church Unit Priesthood Leaders Are Responsible

This includes Ward and Stake leaders, Trail Boss and Ma's and Pa's

During your approximate 60-hour stay at the Ranch, know that *stake and ward priesthood key holders and their delegated leaders, youth leaders, and Mas & Pas are the responsible stewards to oversee compliance with guidelines and counsel during your stay at the Sellars Creek Ranch.* Each unit must designate a principal Trek Point-of-Contact, and make them known to the assigned missionaries. While here, missionaries may identify cautions or concerns and bring these matters to the attention of these key leaders—*then POCs will implement missionary counsel through their respective unit leaders. It is expected that missionaries and key POCs and Stake and ward unit leaders will model respect and kindness with one another.*

Priesthood leaders are responsible for all training, activities, programs, food, tents, and transportation necessary for their trek. Leaders should have emergency action plans for conditions such as lightning, downpours, accidents or injuries on the trail and these plans should be reviewed with everyone, both youth and involved adults, before starting the trek. Participants must be committed for the entire time of trek. Leaders are to see that the buddy system is in place for youth and leaders.

You will be asked to pay at the first of the year according to your estimated head count. The fee is \$15 per person for 3 days and 2 nights. If you ask to overlap another night, the fee will be \$20 per person. During trek you will give a daily head count to your assigned missionaries in the evening of each day. An average is totaled at the end of your trek and a reimbursement or charge will be adjusted to your group. Any damage or lost equipment will be charged additionally to your stake after trek.

When planning on the number of handcarts, you will need one for every 8-9 individuals, one or two handcarts for photography and medical equipment, a portable sound system (which we provide) and any activity supplies you will need on the trail.

In the past we have had bishops or stake presidents discuss an exemption or modification of the trek policies. This creates a hardship for the missionaries and the participants involved in the trek experience. The majority of these policies are Church Recreation Property policies which apply to all church camps and treks. Please contact the POC missionaries to discuss any questions or concerns. (See below)

POC:

Here at Sellars Creek Ranch Trek we have been in communication with the Priesthood and Family Department of the church. At the end of one of our communications the following was shared with us. It is from a document prepared by the Priesthood and Family Department. We encourage you to use these principles in planning your trek.

“Could I ask a favor of you? We have recently learned more about the ingredients that help the youth develop lifelong discipleship. Can I share them with you? This is not to change anything about the experiences at Sellars Ranch Trek Site, but if I were in your calling, I would love to know the ingredients that are best-helping youth worldwide.

Here is what we have learned, the experiences that have the deepest impact on youth’s lifelong discipleship are when we help youth:

- *Focus on Jesus Christ and make Him their strength,*
- *Develop relationships with peers and leaders,*
- *Have meaningful spiritual experiences.*
- *Having meaningful in-person experiences, such as Trek, are crucial.*
- *Simplify this experience as much as possible. Think of how Trek harmonizes with their Church experience rather than competes with it.*

Knowing this can support you in your service. As you have learned in your service, “If everything is the emphasis, then often nothing is the emphasis.”

Gospel Study, Youth, and Children Team, Priesthood and Family Department The Church of Jesus Christ of Latter-day Saints (2023)

Transportation to and Within the Ranch

The use of buses to transport large numbers of youth and leaders is safe and very desirable since parking spaces are limited. There are several spaces for support vehicles and trailers, and parking for a medical trailer and one refrigerated trailer, if necessary. Youth are asked

to use handcarts to haul gear and supplies from the unloading areas to the Commons Area and their respective campsites and for other purposes to eliminate the need for vehicle use.

Sellars Creek Ranch Trek Guidelines and Restrictions

As you think about and plan your trek program, it will be vital to remember these key points related to the nature of trekking at the Sellars Creek Ranch:

The Ranch and its Trek Operation, assisted by service missionaries—is a limited-service facility maintained in a primitive state and condition to preserve and protect the nature, culture, and purpose of our pioneer heritage. It is also a working welfare cattle ranch and home to a girl's camp. We ask for respect for people, animals and the land as we work with all the other functions of this property.

We have maps and aerial photos of scenic features, campgrounds, parking areas, 360-degree video clips, photos, and geodata for every handcart trail. These resources will help with planning where to stay, how to get to and from desired destinations, and what activities might be considered at appropriate locations. These materials and more are posted on the trek home page at: scrtrek.org. Within this website you will see a tab marked resources. Under 'Handcart Trek Reenactment' you will find a link to the official church guidelines for Trek. Please review this thoroughly. Missionaries will train your trek leaders on how to use these materials, and to finalize trek plans.

Do's

- By **mid-April** complete and turn in to the missionaries, your Trek Plan including trails to take, activities on the trail and any needs.
- Follow missionary instructions to set detailed arrival times, and coordinate the parking of vehicles and support trailers.
- Maintain open travel lanes for emergency vehicle access, both for entry and exit routes.
- Wear closed-toed shoes and long pants to protect against scratches and insect bites.
- Bag and dispose of food scraps in dumpsters, dispose of gray water in approved gray water drains—so waste water doesn't attract skunks and other varmints; dispose of garbage found in campgrounds and along trail routes by taking it to your designated, enclosed garbage trailer for the return trip home.
- Have photographers and videographers trek with families and use handcarts to haul equipment.
- Bring a square nose shovel to remove cow pies from camp and tent sites.
- Open and immediately close all cattle gates on trail routes. Leave as you found them.
- Do have Ma and Pa leaders, and youth, perform inspections with Missionaries in order to "Check Out" after camp clean up actions have been completed as instructed.
- Provide a final count of the number of trek participants to missionaries.

Don'ts

- No pets or animals allowed including comfort animals; only use a horse to quickly deliver Pony Express letters. Work with missionaries to arrange for the horse.

- No campfires, except in designated fire rings. No bonfires.
- No firearms or weapons of any kind.
- No ATVs, UTVs, RVs, bicycles or motorcycles.
- Do not allow use of pocket knives or axes to deface trees; do not use nails, screws, straps, ropes or other tie-downs on trees—including tent and hammock tie-offs. Protect each tree on the Ranch.
- Don't transport people in handcarts; read and comply with handcart training. Exceptions will be family trekking. No children over 8 allowed in handcarts.
- Adult leaders and staff are asked to not bring children to youth treks. Allowed only in family treks.
- Please don't ask for special privileges, electricity, nor use the missionary office or bowery. Trek is designed to be a primitive experience. Leave the modern world behind.

Preparations at Home

Early in your planning, establish your goals and objectives. Find a theme to meet these goals and plan activities around the theme. The Youth theme for the year is used frequently.

INVOLVE YOUR YOUTH

- Start a physical conditioning program for the youth in your ward or stake
Walk, walk, walk. Be prepared to walk up to 5 miles in a day.
Break in a good pair of shoes.
Get used to being outside & being a little uncomfortable. Prepare for heat and cold.
- Plan your activities. Don't plan too much. Leave room for the Spirit to work.
Promote bonding among the youth
Encourage testimony meeting at trek and at home
Eliminate idle time (solo time is not idle time)
Include the youth in all planning (no surprises when you arrive)
- Set your Rules in advance and include the youth in the preparing list.
Examples: Wear pioneer clothing for the entire trek
Bring scriptures and leave cell phones and electronics at home
No Footballs, Frisbees, etc.

- Plan for special needs.

Identify needs, check with medical, and work with missionaries

A parent must be with all special needs trekkers the entire time of trek



- Medical

Provide experienced medical persons in emergency situations. Such as ER doctors, nurses, EMT, etc. You will need 1 medical person for every 50 people. Leave one stationary in camp, but the rest should be physically prepared to trek with the group.

Bring your own medical supplies. We do have a working AED at the ranch.

- Attend the temple just prior to coming

Youth can do baptisms for the dead

Leaders, an endowment session

To get their families sealed was a driving force for the early saints in coming to Zion as soon as possible

- Study, Read and learn what happened with the early saints

Journal

Read books and websites about the handcart companies

- Learn Pioneer Songs
- Learn square dancing



- Prepare with pioneer games for down time ie. Jump rope, tug of war etc.



- Prepare journals with writing space and songs etc.
- Possible's bags were the pioneer version of back packs. They included flint, knives, needle, thread, meds, jerky, dried fruit etc. Let your imagination work with this idea.
- Prepare family flags to fly on the handcart
- Prepare buckets for each youth. Preferably with a cushion on top. The screw on lid buckets work best as they are easy to get into. Pioneers had 17 pounds for personal items and clothing.



Trek Plan Content

Trail and activities

Trek plans should be shared with Missionaries by **MID-APRIL** of the trek year. The following are plan elements to address before, during, and after trek. Leaders should add other elements as desired. Please submit this info to your assigned missionary.

1. **Name** of your Company (*Stake or Ward name*)

- Trek theme, and trek dates
- Identify designated Trek Leaders (**2 Points-of-Contact** to communicate w/Missionaries)
- Total number of youths, adults, and support persons involved
- Estimated number of trek families (*8-10 people/cart, including Ma's & Pa's*)

Pre-trek— Consider inspired home-centered, church supported pre-trek activities; review trek arrival day activities with missionaries.

2. **Day #1 Trek**—

- . Plan to have everyone eat breakfast before arriving at Sellars Creek Ranch
- . Plan arrival time at Sellars Creek (*to separate supply deliveries and passenger arrivals*)
 - Number of supply vehicles, and their sequence of arriving in the 1st wave
 - Number of passenger vans/buses in the 2nd wave, etc. (*so parking is orderly*)
 - Once unloaded, follow missionaries to the orientation
 - Introduce medical personnel to Missionaries
 - There will be orientation at your arrival. You will meet at the bowery for instructions, obtain handcarts and split into your families and companies. Plan on this taking an hour.
- . Plans for group activities, destinations
- . Map of planned handcart trail routes for the day, including road crossings
- . Plans for rest stops and sharing activities during the day, if possible
- . Planned locations for Porta Johns and Water Buffalo along trail routes
- . Plans for lunch and dinner
- . Plans for evening activities; review next day activities with missionaries

3. **Day #2 Trek**—

- . Plan for breakfast, cleanup, and preparing for day's activities
- . Plans for group activities, destinations
- . Map of planned handcart trail routes for the day, including road crossings
- . Plans for rest stops and sharing activities during the day, if possible
- . Planned locations for Porta Johns and Water Buffalo along trail routes (the missionaries will help you with this)
- . Plans for lunch
- . Plans for dinner
- . Plans for evening activities; review next day activities with missionaries

4. **Day #3 Trek**—

- . Plan for breakfast, cleanup, and preparing for day's activities
- . Plans for morning activities

- . Map of planned handcart trail routes for the day, including road crossings, if any
 - . Planned locations for Porta Johns and
 - . Water Buffalo *(as appropriate)*
 - . Plan to wash and return handcarts
 - . Plan for lunch *(if appropriate)*
 - . Planned departure time after campground and trail cleanup and inspections
5. **Post-trek**— Consider inspired home-centered, church supported post-trek activities

Medical Responsibilities:

Trek groups, not missionaries, are responsible for medical staff, care and treatment, supplies and transportation for injured or ill trek participants. Missionaries have the ability to transport a medical emergency or illness off the mountain and to your camp. If a trekker (with medical leader's approval) needs to be brought off the mountain, that trekker will remain in camp for the day. There will be no mule services to return them to other activities. There must be two adult leaders in camp when bringing a trekker down. You are required to have one capable medical person for every 50 trekkers.

If there is an accident or injury that requires medical attention, whether they go home or not, an incident report needs to be filed with the office by the physician in charge. A copy of the trekker's permission slip will be required along with the report within 12 hours. See forms under Medical Information at scrtrek.org

Physical Fitness:

Each participant should condition themselves physically for the experience. Specifically, each trekker should be able to complete a minimum requirement of walking/running 2 miles on level ground in 60 minutes or less without undue stress. This could be a great goal for activities throughout the winter.

Please see that your medical staff is in fit condition to be on the trail with the trekkers. We will not provide transportation to participants who cannot trek. We have special equipment and arrangements can be made for handicapped youth who are unable to complete this requirement. If you have a special needs situation, please contact the missionaries and arrange for accommodations.

Activities:

We recommend that you stay in one campground for the entire trek. Moving camps each night is a large logistical project and takes time away from your trek experience.

Please, no fasting. Feed your youth well. The use of white clothing, burials, dead babies, mobs, violence etc. is not to be part of your trek experience. This is church policy. Please be aware that messy crafts and activities have no place in a wilderness setting. i.e. Soap

carving, flour sacks, balloons, egg tosses, string, food tossing etc. Keep in mind that we have critters that live here and food will bring them in. A mess left behind means that elderly missionaries must find and cleanup the leftover mess and it affects the trekkers behind you. Please see that all trash is picked up. Be prepared with trash bags.

“If everything is the emphasis, then often nothing is the emphasis.” Church Family & Youth Department

KEEP IT SIMPLE!

Safety and Security:

There are to be no guns, or chainsaws on trek. No exceptions! Church policy states that **NO ONE** should ride in the back of trucks, trailers or mules.

No bon fires. There will be designated fire rings for a modest campfire. On occasion we will have a county burn ban. We will inform you if this is in place during your trek.

Knives in youth hands are to be supervised. Absolutely **NO CARVING** on **TREES!** If knives are not needed for an activity, consider leaving them at home or for another time and place.

This is a church working cattle ranch. It is important to maintain the security of the property. Trek participants who need to open a fence gate must communicate to the last trekker to securely close the gate after the group has passed through. Do not assume the end trekker knows the position of the gate at the head of the trek. Communicate this. If you have notoriously mischievous trekkers and feel that you need security for night time activity, please do not bring dogs or weapons. Flashlights and the priesthood are adequate.



Roads, Trails and Campsites:

Do not park on county roads for any reason.

As a dedicated site, we desire to maintain the property in its natural condition. Trekkers must stay on designated trails and campsites. Vehicles must remain on designated roads and in designated parking areas only. Under no condition are there to be any vehicles in the campsites or commons areas.

NO long term camping on the ranch. **NO** RV dumping on the ranch.

Shuttle Services:

You are responsible for shuttling cars and people back and forth from one camp to another. Coordinate with all drivers and priesthood leaders to accomplish this task. We will shuttle your guest speakers only, to their assignment in and out of the ranch. Have them park in the parking lot and we will pick them up.

Parking:

Trucks, trailers, cars, refrigerator truck, small RV's all have designated parking spaces. Do not 'choose your spot'. Do not come early and park yourself without missionary supervision. Follow the missionaries' directions and we will park you where appropriate.

RVs will be asked to park temporarily in the Mountain Valley parking area until it is determined there is enough room for perpendicular parking in pullouts. Exceptions will be the designated slips for a refrigerator truck or food truck, a trash trailer and a medical trailer or RV ONLY! Missionaries will guide the parking of these.

Mountain Valley gate will be locked and accessible only with a missionary present. Please follow missionary guidelines when unloading, parking and accessing this site. NO vehicles in camp! All overflow parking will be sent to Mountain Valley Parking.

Camp and Vehicle capacity:

Sellars Camp accommodations:

30 cars and 6-7 buses OR 30 cars and 4 large trailers with trucks

1 refer, 1 food trailer, 1 garbage trailer and 1 medical RV or tent

We have pullout parking for up to 4 small RVs max, parked perpendicular

OR up to 6 trailers with trucks parked perpendicular.

Keep in mind that Sellars Camp has a max capacity of 500 occupants.

Missionaries will direct you to where you can park your cars, trucks, RVs.

Mountain Valley accommodations:

In the designated cook parking area on the **east** end of the commons you can have

1 refer, 1 food trailer, 1 garbage trailer ONLY – trucks park in the parking lot.

No exception!

On the **west** end of the commons area you can have 1 medical trailer ONLY with the truck taken to the parking lot.

In the parking lot - 30 cars and 6-7 buses OR 30 cars and 8 large trailers with trucks

And any RVs associated with your trek. They cannot park in the campground.

Keep in mind that Mountain Valley Camp has a max capacity of 175 occupants.

Tent site numbers listed on your maps are for small tents only. Adjust accordingly. No tents are to be set up on the roads or trails.

Sanitation: PJ's and Vaults

The porta johns and vault toilets are to be cleaned daily by your participants. Absolutely NO garbage in the toilets. Please have your leaders see that youth clean them daily. There are supplies in the buckets and instructions on the side of the buckets which are located in or near a toilet. Before leaving, the facilities must be clean. They will be labeled for boys and girls to help with hygiene issues. Paper bags are provided for women's hygiene products. Do not put them in the toilets.

The toilets or vault toilets and water buffalos are in every campground and on the trail about 1 hour apart. These bathroom stops take longer than you think. Schedule extra time for bathroom breaks with songs, games, short stories or treats. No water or toilets are available on the high ridge or the west grove. We have a honey bucket for emergencies on the trail if requested.

Handcarts:

Handcarts can hold a modest cooler (for lunches and snacks), a water jug and up to 9 buckets. Please provide garbage bags for handcarts. Flag holders will hold a ½" dowel. No riding in carts, or running with carts. Place the handle on a bucket to support the bars. When going downhill, space the carts for safety. Do not tie the rope around your waist.

In and Out:

Participants must be committed for the entire time of trek. Visitors are not allowed with the exception of priesthood leaders or guest speakers.

Cook Stations:

We highly recommend that groups cook together as a unit. When stakes or wards decide to cook separately, the logistics, the cost, and the number of trailers and equipment go up exponentially.

Sellers Camp is set up for a fairly large cook/eating area. Missionaries will direct cook equipment and staff to their designated area. All equipment vehicles will be asked to unload at the staging area and immediately park in the parking areas to allow adequate room for the cook area to be set up.

Mountain Valley is set up for a smaller scale cook area in the EAST end of the commons area. You will be asked to move if you set up in the middle of the commons area.

Please bring adequate covering for sun, rain, and eating. Water in the water buffaloes is potable and ready for cooking and drinking. Do not use the water for bathing. Please put all liquids from cooking and cleaning through the grey water barrel screens. Clean the screens. All wet trash is to be bagged and driven to the Sellars Creek campground bear proof dumpsters. DO NOT DUMP IN THE CUMORAH DUMPSTERS!!! All dry goods are to be carried out by you. Flatten boxes and stack to be carried to your home for dumping. It is recommended that clamshell containers for serving meals not be used. Their bulk is enormous and we don't have enough dumpster space to provide.

Breakfast and Dinner can be cooked and served at camp. We recommend a cold lunch to go out on the trek in the handcarts. Missionaries will not transport lunches or treats to your trekkers.

Water:

Water is available in Sellars Camp at Hydrants between every two campsites. It is potable and drinkable, however please do not bath or shampoo hair with the water. Water on the trails and at Mountain Valley Camp is provided through large water buffaloes. It is also potable and drinkable. Again, no bathing from the Water Buffaloes. We monitor the water level and refill as necessary.



Leave no Trace:

The “pack it in, pack it out” policy states that all garbage must be removed by trekkers and support staff. Before leaving each site, make a final sweep to remove any leftover food, wrappers, signs, twine, paper, garbage etc. DO NOT throw food out thinking it is biodegradable. We do not want the skunks, badgers, crows, ground squirrels and mice in our campsites. We have bears too, so keep food bear proof.

Wildlife:

We have the privilege of seeing deer, elk, moose, coyotes, birds, turkeys and more. Do not disturb or feed the wildlife or the cattle; be gentle and aware of their environmental needs.

Communication:

Sellars Trek has 'site to site' radios available for your groups. We allow radios for your priesthood leaders, your trail boss, your 'close the gate behind you' boss, the head cook, the head activities specialist, your pony express rider, and your medical specialists. The number of radios will be in proportion to your total trek group and not to exceed 15.

Photography:

Missionaries will not transport or drive your photography people around the ranch. Your photographers must be in adequate physical shape to trek with your group. NO Exceptions. You are allowed to use drones if you so choose.

Clothing:

Pioneer clothing is encouraged. There is an extra spirit that comes with the pioneer clothing and pioneer theme. Please keep pioneer clothing on until bedtime. No flip flops, shorts, midriffs, tank tops or shirtless boys. Water shoes are for water crossings only, otherwise participants should wear close toed shoes, long pants or skirts. This includes any youth conferences. Shoes should be broken in, not broken down and fit well.

Remember we live in the wilderness with snakes, mice, insects, mosquitoes, badgers, skunks, ground squirrels and ticks, not to mention lacerations on legs and feet from the grasses. Recommended clothing is for your protection. Learn to live in Idaho's beauty by being smart with your clothing choices.

Weather:

Weather can change in a few minutes here at Sellars. Prepare for heat, cold, rain, hail, fog and even snow. Extra socks are a must. We recommend that you provide a small tarp per handcart if possible to provide shade, shelter or rain protection. See that your youth have rain gear and a warm jacket. Even in summer we can get intense rain storms and cold nights.

NOT ALLOWED:

Animals of any kind including, dogs are not allowed on the ranch (unless you have a registered and leashed service animal. Come with documentation). At Sellars Ranch, we do allow a Pony Express rider. But there are strict rules. The horse and rider are to stay off the trails and out of site of the trekkers. They must ride, **deliver the mail quickly**, and ride out immediately. The safety issues of youth being around horses (no matter how tame or trained) is too high and is not allowed.

No firearms, ammunition, projectiles such as cannons, bows and arrows, fireworks, or hunting and fishing is allowed. No mountain bikes, e-bikes, motorbikes, ATVs or UTVs. Do not allow your participants to climb on fences or trees. NO HAMMOCKS.

Children are not allowed on treks unless they are a Ward Family Trek or a family reunion.

Sound System:

We have available a portable sound system that can be placed and carried in a handcart. You will be responsible for bringing it back unbroken. If broken, the cost to replace it will be charged to your stake at end of trek.

If you desire to bring something larger for your stationary camp you are free to bring your own equipment, however you may not bring trailers or trucks into the camp area to use the equipment from. There is no power in the campsites.

Outdoor emergencies:

Lost trekker

Ma's and Pa's need to keep track of their families. If a youth or adult is missing, conduct a sweep of the area. Call the missionaries for help. If the individual is not found and the priesthood leader feels it is necessary, contact the missionaries and we will contact the local Sheriff's Department.

Range Fire

If a group is in immediate danger of a range fire, an evacuation plan to a safe zone will be put into action. Contact missionaries, and working with leadership and the county, the group will be evacuated to a safe area. If the fire is close and moving fast, leave all equipment, handcarts, personal gear etc. behind and move to safe ground.

Severe Storms/Lightening

Groups should be prepared for all kinds of inclement weather and also be familiar with what to do during a lightning storm.

Trek leaders should know the flash to bang system of measuring lightening distance. Each 5 second count equals 1 mile. If the count is 15 counts (three miles or closer) then take precautions.

Move your group away from the handcarts (the wheels are high and encased in metal) towards the lowest spot in the area. Everyone should spread out at least 15 feet apart to minimize chances of getting hit.

Everyone should be taught before trek starts, the crouch position. If lightening is a threat, trekkers should crouch down on the balls of their feet and bend forward so that their head

is low but no other part of their body touches the ground. Keep feet together to minimize body contact with the ground, which minimizes the risk of being hit.



Medical Information

- We have learned from past experience that there needs to be extra instruction for the medical trekkers as they prepare for Trek. Please review and plan accordingly.
- Medical persons should be physically fit to trek with your group. They are needed on the trail more than in the camps.
- First and most important, you **MUST** have a medical release form for every trekker (adults included) and those forms need to be with you at Trek. See scrtrek.org for link to forms.

Each group needs to have at least 1 qualified medical person with emergency experience ie. ER Dr., RN, EMT or anyone qualified to give an IV or place stitches or address joint injuries. You will need 1 additional medical trekker for every 50 people.

You are allowed 1 medical trailer or tent per group. We have a designated staging area for the trailer at your camping location. Missionaries will show you where those can be parked.

Be aware that if a trekker needs to be brought down to the camp for any issue, there needs to be 2 deep leadership to stay with the injured or sick trekker. This can put a strain on your medical coverage on the trail. You may want to use cook staff to be there to assure you have adequate coverage on the trail.

The most common **major** problems are Heat Exhaustion/Stroke, Asthma/Respiratory issues, Cuts and Joint Injuries. We had a heat exhaustion incident on a previous trek, that was severe enough that the trekker needed one liter of IV fluid administered on the trail. Please be prepared for this situation. Also, the respiratory issue is critical. If at all possible, have albuterol inhalers or a nebulizer available. We do not have the equipment to address this issue. Many young people forget and leave their breathing apparatus at camp and then struggle on the trail without breathing aids. Another suggestion would be an epi-pen for allergic reactions.

The most common **minor** problems are, blisters, chaffing of the thighs, stubbed toes, etc. Be prepared. Weather can be so extreme at Sellars Creek Ranch, make sure they have a warm jacket.

If you have a medical emergency, you are the lead, along with your priesthood leader to make decisions. We have the coordinates for life-flight if needed. Radio the office and we can call for an ambulance as well. You must communicate with the missionaries so that we can get you off the mountain if necessary and provide any support you need. We do have a working AED and can get to you within 10-15 minutes.

If you have a medical emergency that requires you to get to a hospital or administer first aid of any kind, the office must have the physician making decisions, fill out a medical incident form. This needs to be done within 12 hours of the incident. When completed, a copy goes to SLC and is logged. This helps cover any insurance or liability needs and purposes. It also helps protect the church and the youth group.

You will be given radios at Trek to give you access to missionaries and emergency help at all times. We look forward to working with you at Trek!

And last but not least is water consumption. Our young people just don't understand the need for constant hydration while on the trail, even if it might be chilly. Dehydration is the biggest issue we have. Please educate the Ma's and Pa's, the trek leaders and the youth on what to look for as early signs of dehydration. So many youth reported that the early signs they were experiencing meant nothing to them, because they didn't know what the symptoms indicated. Education will be key to having a healthy trek.



COOKS INFORMATION

- **We have learned from past experience that the cooks and their helpers are not getting the information they need to meet the requirements of the trek operation.**
- **Please read the following information and pay special attention as you are planning and implementing your cook tasks. Thank you so much for your service to trek!**

Cooking in individual campsites poses some challenges for the Stake as a whole and for the correct disposal of waste, gray water and garbage. We have found in all instances that one location for

cooking and feeding the youth works best. If you choose to do individual cooking, work closely with your assigned missionary to assure that protocols are followed.

It is important to have canopies or awnings for the cooks. The weather can be very warm or it can rain and they need protection as they prep and serve. Neither cooking areas for Sellars Camp or Mountain Valley have tree cover. Specifically, to reduce heat or flames near the trees.

At Sellars and Mountain Valley there are bright blue barrels designated as grey water barrels. You are required to run your wet waste and grey water material through the screen on the blue barrels. These screens are to be left food-free when you leave.

An easy way to cut down on garbage is to have trekkers bring tin plates. You can then wrap a potato foil square over it. Serve the food and after eating, pull off the foil and throw it out. No washing dishes or bulky clam shells or paper plates.

Any wet trash that would be a lure to bears, skunks, vermin, etc. is to be put in your bear proof trailer or can be driven to the large bear proof dumpsters located at SELLARS CREEK campsite daily. DO NOT dump at the Cumorah camp site! SCRAPE AND STACK clamshells, cups, plates etc. Do not use clamshells unless you can stack them. They are incredibly bulky for garbage. All other trash is CARRIED OUT with you. Collapse your boxes and take them home with you.

You should bring and utilize a trailer, preferably enclosed, for your garbage. Any boxes, rinsed cans, bags, exterior wrapping or other unscented debris needs to be put into the garbage trailer and taken home. NEVER leave bags of trash out. There are many rodents, night animals and bears in the vicinity, and we do not want to encourage their coming to the camps.

When you arrive, there will be missionaries assigned to direct you where to unload your equipment and then where to park. You will be asked to setup in the designated loading and kitchen prep areas. We will show you where the kitchen areas are to be set up. These are set areas and cooks are not to set up in other areas.

Food Suggestions:

“Simplify, Simplify”

Timing is difficult when preparing food for treks. The trekkers may arrive earlier than expected or later than expected. Select menus that can be flexible or have fruits and trail mix handy so they don't get too hungry waiting for food to cook. Fix food youth like; filling but simple.

TIPS:

* To eliminate food poisoning, thoroughly cook food ahead, then use proper freezing techniques to keep the food fresh.

* Dutch oven meals can be cooked ahead and then reheated in the Dutch ovens for authenticity.

* The closest store to Sellars is 25 minutes one way into Ammon.

* A fire ban may be in place. Plan on using propane as an alternate method of cooking. There is no electricity or kitchen facilities in the campgrounds.

*Each individual could bring their own sack lunch on the first day. Bring coolers for lunches on the trails.

* Cookbooks generally will have a section on cooking for large groups or go on line for help.

IDEAS FOR MEALS

Breakfast: Cornmeal or oatmeal mush, sausage gravy and biscuits, pancakes, muffins, milk, juices, breakfast burritos (a favorite), cold cereal.

Lunch: Sandwiches or walking tacos, cheese or cheese stick, fruit.

Snacks: Jerky, granola bar, trail mix, raisins, grapes, oranges, apples, celery, carrots

Dinner: Vegetable Stew - could be heated and placed in big thermos jugs for first night. Roast Turkey, Barbecued Pork, potatoes or rice, corn, taco salad, tacos, spaghetti or chili with green salad, corn bread

Dessert: Brownies, cookies, bowls of mixed fruit, watermelon. Chocolate will melt in the heat

WATER: You need 1 gallon of water per trekker per day. **Have a 5 gallon water or rehydration fluid jug for each handcart.**



Ma's and Pa's

Welcome aboard, we are excited for you to join trek. Thank you for your service!

The iron image that greets all who enter the Trek facility showcases youth that are supporting family needs, and leading out with courage as they pull, lead and understand their life's trek. It is significant that parents are at the rear of the cart, shepherding their son and daughter as they in turn, resolve what they will do to stay on the covenant path and not falter. The youth are becoming thoughtful stewards of their lives and making decisions that will determine their destiny. They identify and learn to "think Celestial", like making and keeping covenants. *Dear colleagues, please carefully help the youth identify with this image and understand their blessings and opportunities as they fully join what Pres. Russell M. Nelson calls the "Lord's Youth Battalion"*

The goal of the trek is to create an atmosphere in which your youth can feel the spirit of the pioneers and have a spiritual experiences. For some, it may even be a life-changing experience. We believe that through this trek our youth will become more desirous to serve missions, do family history, go to the temple, better appreciate their families, and most importantly, become closer and more reliant on our Savior. Much of the responsibility of achieving this goal rests on your shoulders.

Your most important responsibility is to love the youth, especially the youth in your trek family. This love will be your greatest resource. In addition, your spiritual preparation (personal prayer, scripture study, temple attendance, knowing some pioneer stories, etc.) is of utmost importance and will help you be in tune with the Spirit so you can receive the help and guidance you need. The youth in your family will watch and emulate you throughout the trek and even afterward.

Keep things positive. There will be setbacks and events that are confusing or frustrating. Please avoid being critical of any aspect of the trek. Negativity is contagious and will degrade the experience for all. The youth will be blessed by your HAPPY ATTITUDE. The trek will be difficult at times; the youth will need your encouragement and strength. It is your job to help the youth find the meaning in all the good, difficult, and trying experiences. As a couple, prayerfully consider the information in this handbook and plan together how you can affect the lives of the youth in your family. The trek will increase faith and make positive changes in everyone involved. However, it entails full participation in the program with a willingness to give and help spontaneously.



THE ROLE OF MAs AND PAs and TREK LEADERS

Vision of Trek

Pioneer Trek is designed to provide an individualized experience, in a family setting, and it does this by teaching general principles that each youth can apply to his or her life. Many of these principles are taught through symbolism and analogy.

Trek participants are given the opportunity to face and overcome challenges. These challenges come as they are asked to pull with people other than their real 'family' – some they might not really know. When they are asked to pull the handcart farther than they ever thought they could, they will be able to work together and find strength in their family unit. They are given the chance to see the power of seeking our Heavenly Father's help and the power of serving others. With this new knowledge, they can return to their families and homes with the courage to make changes in their own lives.

Your Trek Family

You will be assigned youth that you will spend the entire time with as a family. These young people will vary in ages, backgrounds and strengths. They will all dress similarly, have the same possessions and will probably smell the same as well.

You will have a handcart in which to place the belongings of your family. Each family will pull a handcart the entire way. Your strength and spirit will be vital to keep your family going. As a family, you will pull and push the handcart together and eat together. As a MA and PA we encourage you to let the youth pull the handcarts. We are not saying don't pull with them, but give them a chance to stretch their abilities, a chance to work together and a chance to find their own strength. For many, this will be one of the more difficult physical challenges they have faced. Your responsibility is to support, encourage, teach and keep the youth safe. If you are always pulling, you will not be able to observe the youth and make sure their needs are adequately met. Praise them for what they do accomplish. Don't focus on what they don't do! KEEP IT POSITIVE.

Your Duties

You have many responsibilities, not the least of which is to ensure that the overall trek experience is completed safely and without any serious incident. However, perhaps your greatest responsibility is to foster an environment where each of your youth will have an opportunity to experience the Spirit. You can help them to recognize or feel the whispering of the Holy Ghost.

Study and Know the Pioneer Stories.

Find a pioneer and/or an individual ancestor and study his/her life. Think about how this person's example of faith can influence your own life. Share with the youth how this individual has had an impact on your faith and your actions. If you sacrifice the time to truly learn about individual pioneers, when you share their stories about their life on the trail and what they did once they reached the valley, the youth will feel the Spirit.

Strive To Be An Effective Teacher.

Remember that teaching is always more effective when there are strong relationships.

Work hard to establish a relationship with all members of your family. It is also important to rely on sound doctrinal principles when you teach. The combination of effective relationships and doctrine can have a powerful impact on individual lives.

Be Effective At Asking and Answering Questions.

President Eyring has said that this is at the heart of all learning and teaching. He said, “The Master answered and sometimes chose not to answer questions in his ministry. The most effective questions invite inspiration. Great teachers ask those”.

Writing in Journals

Journals help us remember what the Lord has taught us. This theme is repeated several times in the Book of Mormon. Elder Richard Scott has effectively taught a basic premise for recording spiritual experiences in journals: “I will seek to learn by what I hear, see, and feel. I will write down things I learn and I will do them”. During the course of Trek there will be times provided wherein they can write in their journals.

Use Music Effectively.

Music can be an effective tool in teaching. You will have many opportunities to sing during trek. “For my soul delighteth in the song of the heart; yea, the song of the righteous is a prayer unto me, and it shall be answered with a blessing upon their heads.” (D&C 25:12)

Love Your Trek Family and Create Unity.

As with your own family it is important for you to uniformly love every member of your trek family. Do not show favoritism. Look for positive attributes in each member and seek for opportunities to reinforce them and to compliment them. Come up with a family name and a family flag to be flown on your handcart.

Guide Your Family Throughout the Trek.

Lead by giving responsibility to the youth and supporting them in these responsibilities. Have family prayers, family scripture study, have discussions, make assignments, and do activities.

Listen With Both Your Mind and Heart.

Someone once said, “Seek first to understand and then to be understood.” It is difficult for people to listen to you, if they do not feel you are listening to them.

Have Fun

You should help your family have fun as well as have a good experience. Be positive, encouraging, and enthusiastic. There will be gaps in the schedule. Be prepared with appropriate games to keep things interesting. Bring pioneer stories or experiences from your own family histories and share them with your family.

Be a Resource to Your Family.

You are a resource, not a servant to your family. Your job is to help the young people by letting them help themselves. They will realize they can do anything! They should always

be working with you – don't work alone. Shift the responsibility to their shoulders. They are clever, smart and reliable. Look for the gift, in each of them!

Allow Creativity.

Allow the young people to show their creative skills. When you tell them exactly how to do everything step-by-step or when you do everything for them, you are depriving them of the opportunity to grow and to develop their potential.

Every incident, problem, challenge and idle moment can be turned into something very positive and meaningful for the youth and yourself.

You have a great resource available to you to do this – the family. You are the key!

MA AND PA PREPARATION

Spiritual Preparation

Focus on bringing your lives in tune with the Spirit. Suggestions:

Have personal and family prayer each day.
Pray to listen to the Spirit – then follow promptings.

Have personal regular study of the scriptures.
As you read the scriptures, think of the Trek while you ponder.

Attend the temple regularly.
Study your ancestors and the handcart pioneers. Improve your listening skills.

Challenge the Youth to Participate Wholeheartedly.
It is important for the youth participants to be engaged in the trek activity. Be firm, yet understanding, loving and humble in helping the youth accept the trek experience. While you must not force the youth to do anything against their will, encourage their participation and do not let them disrupt the experience of others. Help them understand that what they get out of the experience may largely depend upon what they put into it.

Family Dynamics

Remember all families do not need to be the same. Each family will have its own personality and will develop at its own pace. Teach your family about expectations. Explain to them the importance of working together as a family so they will have the opportunity to have a positive experience and invite the Spirit into their midst while on trek. As you work together to understand the promises and objectives of trek, your family will grow in strength.

Take opportunities throughout the trek experience to understand the thoughts, feelings, and personalities of each individual family member. Take opportunities to share your feelings and personalities with them individually and collectively.

Physical Preparation

A Pioneer Trek requires physical stamina. That requires physical preparation, obeying the Word of Wisdom, eating wholesome foods, eating a balanced diet, and regular exercise. It is important to start early. Physical preparation cannot be completed in a short period of time. The following are some general guidelines that you might consider.

Walk 4 to 5 times per week for at least 30 minutes; for 2-3 times per week walk 2-3 miles, and 2 times a week walk 4-5 miles; about 4 times before the trek walk longer periods of time uphill.

“The faith, obedience, gratitude and sacrifice of our forefathers are all gifts we can pass on to our children.” M. Russell Ballard

Family Time and Family Devotionals

As a MA or PA, you will have the opportunity to conduct family time with your trek family. This time is set aside for “contemplation and reflection” on the experiences of the day. It is an essential part of the trek experience, and its success will, to a great extent, make the difference between a good and a bad experience for the participant.

Contemplation and Reflection

Reflecting is a lot like a family council. It is the exchange of spiritual insights by the members of the group. It provides a vehicle to internalize the gospel as its principles are related to various trek activities. A good reflection session does not happen automatically: It requires considerable preparation and reflection on your part. As you participate in the trek, keep in mind the events and how they relate to gospel principles. This offers the youth a chance to ponder what is going on both spiritually and physically and how it affects everyday life.

Remember that the youth should have their agency and should not be forced into a situation where they feel they have to share their feelings. We want them to remember the Spirit rather than leave feeling embarrassed or mad because they were forced to talk.

Guidelines for Family Time/Devotionals

Gathering: The family should sit in a circle. The buckets used for personal equipment can be used as chairs. To invite the spirit begin and end with prayer. Family prayer should be done both morning and evening. There may be other times for prayer, simply be sensitive to the Spirit as you decide when this should happen. A song and scripture/thought should accompany your family time/ devotionals – the Big Brother or Big Sister can also be a great resource for this part of the family time.

Setting the Stage: After the circle is formed, ask them to think about that day's experiences (or the experience you want to discuss). Invite them to think of a parallel to life, their relationship with their Father in Heaven, their Savior, their own families, or any gospel principle.

Getting Started: One way to get the discussion going is to start at one point in the circle and have each participant respond in turn to the question: "If you could choose one word to describe how you felt last night, what would it be?" Some of them could be negative and some positive. Next you might ask certain individuals why they said what they did. You can continue this process, asking for details and changing the topic where necessary.

Reinforcement: For many of the youth this will be a new experience. Try to encourage everyone to share, but don't force anyone to do it and don't force the parallels. **This is not a time to preach at the youth!** It is their time to teach themselves. After you ask a question you should sit back and carefully listen to each participant, giving them time for reflection. (Don't let the participants laugh at each other or talk while someone else is sharing.)

No Wrong Answers: Be prepared, as you may need to ask additional questions to help the youth think about what has happened to them, or to help them to understand their feelings. However, you should never ask a question that looks for a specific answer. Don't force your feelings on them. There is no predetermined right answer, just their insights and feelings.

Be Yourself in Developing Your Own Processing Technique: You are an individual and the way that you approach contemplation and reflection might be different than others. There is not a right way. The techniques or ways in which you conduct your reflection time is your own choice.

Follow the Spirit and help your family to search for insight.

At some point when you are together with your family you might want to show them how much 4 oz. of flour is. This was the ration that everyone was eventually given, even after most were close to starvation already. Just a little sack with 4 oz of flour will be a great visual. Pioneers would mix it with water and make cakes or gruel.

To make the trek more meaningful, each person could be walking for someone. Make sure each has a turn to tell about that person – who they are, are they an ancestor, why they chose that person etc. You could do a few each day, making sure everyone gets their turn.

On the last day of trek, challenge the youth to take home what they have learned and to “make some small and simple changes” to become more like Christ. Suggest they write these changes down in their journals.

Questions you could ask the youth

The following are a few samples of thought-provoking questions you may want to use to begin your discussions. These can also be used as 'gap fillers' along the trail where we want to maintain the spirit or reverence for the area.

As you have walked, what have you gained more respect for? (pioneers, parents) How have those around you been a support to you?

What do you remember most about what we did today?

What did you notice most?

What was the most difficult part of your day?

How did you feel about the specific event of the day?

How have your parents, teachers, friends or others helped to prepare you for this trek/life?

How is our trek similar to the early saints?

Do you see any comparisons between the pioneers and your life now?

What kind of similar situations do you have in your own life?

What can you do to prepare yourself for events that will happen in your life?

After sharing a pioneer experience, ask them what they learned from listening to this experience? What do you think your greatest hardship would have been if you had been a pioneer? Why?

“Jesus Christ, the Master Teacher, often asked questions to encourage people to ponder and apply the principles He taught. His questions prompted thought, soul searching and commitment.”

(Teaching, No Greater Call, pg.69)

SQUARE DANCING INFORMATION

The youth have more fun square dancing on trek if they have learned the dances beforehand. Popular square dances are listed below.

VIRGINIA REEL

[Up to ten boys on the right side - ten girls on the left side (as caller faces them)] Everyone

bow to your partner (first time only)

Everyone go forward and back with a double high five

Forward again with a Right Elbow swing

Forward again with a Left Elbow swing Forward again with a Two Hand swing Forward again with a Do-Sa-Do

Head couple Sashay 3 steps down and 3 steps back
Right Elbow swing with your partner 1 1/2 times around
Now to the side with a Left Elbow Swing
Back to the center (partner) with a Right Elbow swing
Reel on down the line, at the end of the line swing your partner 1/2 Right Elbow turn And Sashay back to the front of the line
Girls roll out to Left - boys roll out to Right - Everybody march
Head couple form an arch - Everyone go through the arch

(New head couple) (Repeat)

SQUARE DANCE - "OH JOHNNY"

Form a circle with the partner on the right-hand side of the gentlemen. **ALL JOIN HANDS AND CIRCLE THE RING** (circle to right)

Lady on the right - right elbow swing

STOP WHERE YOU ARE, GIVE YOUR PARTNER A SWING

Left elbow swing with girl on the left

SWING THAT LITTLE GAL BEHIND YOU

Back to your partner swing two times around
SWING YOUR OWN TWO TIMES AROUND - AND THEN YOU

Lady on the left – both raise left hands, put them together and turn clockwise

ALLEMANDE LEFT WITH YOUR SWEET CORNER GAL

With partner - Right shoulder pass back to back

DO-SA-DO YOUR OWN

Time for a new partner - boy faces right and puts his hands out, corner girl comes up and takes his hands (right hands over left hands). Everyone walks to right in promenade position with partner. **NOW YOU ALL PROMENADE - WITH THAT SWEET CORNER MAID SINGING "OH JOHNNY, OH JOHNNY, OH."**

Questions Asked Most Often:

Q. Are there Porta Johns and water along the trail?

A. Yes. According to your trail plan, we place porta johns and water buffaloes where you will need them. We cannot get these amenities to the top at Perspective Peak. That will be the only area where there will be no PJ or water so plan accordingly.

Q. Are there Service Projects available for the youth?

A. Yes. Contact us prior to your visit and let us know when and how long you desire to have a service project. Usually the project entails dead fall removal. These service projects help the SENIOR missionaries tremendously.



Q. Can we transport trekkers in the back of a truck?

A. **Definitely not.** It is against Church policy.

Q. Do the missionaries deliver ice and the games to the campsites?

A. No. You can use your cooler to bring such treats with you in the handcart.

Q. Do you have garbage bins at the campgrounds?

A. The garbage dumpster is located at the Sellars Creek Site and you are responsible to see that all your garbage is deposited there each day and not left in the campsites. **DO NOT PUT GARBAGE IN COMORAH'S BINS**

Q. Can we use Sellars Creek sound system for our programs?

A. The sound system can be used. It is small and portable to fit in your handcart.

Q. Can we use the water from the water buffaloes to wash our hair and feet?

A. No. Water is for drinking and cooking only,

Q. How much can we put on the handcart?

A. Don't overload the handcarts. Tents, sleeping bags and anything not needed on the trek should be loaded on the support vehicle. Your handcart should be loaded with one five-gallon water jug, each trekker's bucket (packed with things they may need on the trek and used as a seat when stopped), a cooler with lunches and snacks, a garbage bag and any

other essential items. Overloading the handcarts may break them and overloaded carts are no fun to pull.

Q. Can a person ride in a handcart?

A. No. If the medical person says it is necessary because of medical reasons, the missionaries will come and extract you in a UTV. The exception is Family Treks where the children under 8 are allowed in the carts. NO EXCEPTIONS.

Q. Do you need to wear pioneer clothing on the trek?

A. We strongly suggest that you do. It adds to the spirit and authenticity of the experience as well as the safety of the trekker.

Q. Are shorts allowed?

A. No. Only under skirts and skirts must be kept on until bedtime. No shorts in camp. Long pants and skirts protect the trekker from bugs and scratches. Skirts should not be hiked up at any time and men's shirts are to be left on; especially at the River Crossings.

Q. Are there bugs there?

A. Of course there are bugs. You are outside in the wild. Insect repellent with about 35% Deet will help. Do not spray your face as it is harmful if inhaled. Spray on hands first, then rub face. We spray for mosquitos but we can't possible cover the whole ranch.

Q. Are blisters common?

A. If you wear 2 pairs of socks (one liner and one heavier) it helps prevent blisters. Also wear shoes that are broken in and fit well. Water shoes are for water crossings only. No flip flops, sandals or water shoes for hiking.

Q. Are tarps required for covering handcarts?

A. They are not required but will protect your items from the dust and maybe rain. They can also be used for shade in camp, and for emergency bathroom stops for the girls along the trail.

Q. Should we wear hats and bonnets?

A. Absolutely! They protect your head and face from the sun even if you have sunscreen on.



Camp Check Out

Group Name _____ Trek Leader _____ Date _____
_____ Time _____ Number in Group _____

At the close of the trek, it is your responsibility to ensure that your group has completed the tasks listed below.

Handcarts

- ___ 1. Everything has been removed from each handcart: twine, trash, etc.
- ___ 2. Wash all handcarts.
- ___ 3. Missionaries have been informed of any damage to the carts.
- ___ 4. Missionaries have checked the carts.

Vault toilets, Porta Johns and Honey Buckets

- ___ 1. All trash around portable toilets removed and trash cans emptied.
- ___ 2. Any damage to portable toilets has been reported: broken doors, seats, etc.

Trash

- ___ 1. All trash has been removed from each campsite and along the trail.
- ___ 2. All extra food has been removed, not buried.
- ___ 3. All trash has been picked up around the camp, staging and parking areas.
- ___ 4. Garbage must be taken to the dumpster.

Financial Accounting

- ___ 1. # of people in your trek, including support staff.
- ___ 2. Bring Ward/Stake unit number so that Sellars can bill electronically. Report any damage or lost equipment for replacement billing to your stake.

Major Accidents

If a participant has been taken off the site to receive additional medical care, an Incident Report should be completed and returned to the missionaries. The General Church Handbook of Instructions (p.276) states that Bishops and Stake Presidents should be notified of injuries during church activities. Risk Management should also be notified in the event of a death or serious injury. 1-866-LDS-RISK

- ___ 1. Medical incident reports have been turned into the missionaries.

Other Considerations

If there are youth or leaders with health conditions or concerns that would affect their ability to participate alongside other trekkers, the families involved should consult with stake/ward trek officials, including the unit's medical advisors concerning the advisability or precautions that should be considered. Trek missionaries may be consulted to learn what others have done in these situations. Parents or guardians will take the lead in making sure proper care practices and family members are available to assist those with special needs and medical attention. If needed, there are two "rickshaw" handcarts that may be used to have youth pull one or two other youth to and from trek venues. This can be an important learning experience. These handcarts can be pulled and pushed by three or four individuals. A single seat rickshaw can be provided for more severe disabilities. Considerations to involve those with special needs should also be discussed as part of pre- and post-trek activities.

"Dear Missionaries, I cannot thank you enough for offering the rickshaw for my C. What an experience, we will never forget. It was an answer to my prayers. I'm not sure why I felt impressed to bring C. to trek but your help provided a way for it to happen. What an experience that I will journal and remember.

Your hard work does not go unnoticed. The grounds are immaculate and well kept. Absolutely beautiful up here!" HD

If a bishop or stake president makes a decision to exempt or bend any rules, they MUST contact the POC Missionaries for permission.

Trek Points-of-Contact

These You tube videos were made by the respective stakes during their treks at Sellars Creek Ranch Trek. They can give you some ideas, help you see the terrain and help you feel the spirit that is an integral part of trek.

- Malad ID Stake 2022 - <https://youtube.com/watch?v=Cn846mkML4I&feature=share> 25 Minutes
- Ammon North Stake 2022 - <https://youtube.trek2022> 15 Minutes
- American Falls Idaho Stake 2021- https://youtu.be/5QQ1NK_GDe0 39 Minutes
- American Falls Idaho Stake (short) - <https://youtu.be/FtDspnSS9II> 4 Minutes
- Rexburg Idaho South Stake 2018 - <https://youtu.be/q0QZ1C4U8C0> 23 Minutes
- Nephi Utah Stake 2022 - <https://nephiutahstake.org/conferences> 13 Minutes
- Shelly South Stake 2019 - <https://utube.2019ShellySouthStakeTREK> 45 Minutes

Driving Direction to Sellars Creek Ranch Trek:

